

Multimedia Appendix 1: Content of the home-based rehabilitation program.

Strength exercises		Walking/Step exercise	
(Day 1, 3 & 6)		(Day 2 & 5)	
	Exercise	Intensity	
Level 1	Sitting knee extensions (operated leg)	2 x 10 reps	Walking
	Standing knee raise (operated leg)	“	3x 5 min
	Heel and toe raises	“	
	Hip extension (operated leg)	“	
	Hip abduction (operated leg)	“	
Level 2	Sitting knee extensions (operated leg)	3 x 10 reps	Walking
	Standing knee raise (operated leg)	“	2x 10 min
	Heel and toe raises	“	
	Hip extension (operated leg)	“	
	Hip abduction (operated leg)	“	
	Bilateral mini-squat behind a chair	2 x 10 reps	
Level 3	Heel and toe raises	3 x 10 reps	Walking
	Sitting knee extensions (operated leg)	“	2x 10 min
	Standing knee raise (operated leg)	“	
	Hip extension (operated leg)	“	Step
	Hip abduction (operated leg)	“	2x 10 reps
	Bilateral mini-squat behind a chair	3 x 10 reps	
Level 4	Heel and toe raises	3 x 10 reps	Walking
	Sitting knee extensions (operated leg)	2 x 10 reps + ankle weight (1/2 kilo)	3x 10 min
	Standing knee raise (operated leg)	“	
	Hip extension (operated leg)	“	Step
	Hip abduction (operated leg)	“	2x 10 reps
	Bilateral mini-squat behind a chair	3 x 10 reps	
Level 5	Heel and toe raises	3 x 10 reps	Walking
	Sitting knee extensions (operated leg)	3 x 10 reps + ankle weight (1/2 kilo)	3x 10 min
	Standing knee raise (operated leg)	“	
	Hip extension (operated leg)	“	Step
	Hip abduction (operated leg)	“	3x 10 reps
	Bilateral mini-squat behind a chair	3 x 10 reps	
Level 6	Tandem stance, one hand for support	2 x 10 sec	Walking
	Heel and toe raises	3 x 10 reps	2x 15 min
	Chair rise/sit to stand	2 x 5 reps	
	Standing knee raise (operated leg)	3 x 10 reps + ankle weight (1/2 kilo)	Step
	Hip extension (operated leg)	“	3x 10 reps
	Hip abduction (operated leg)	“	
Level 7	Tandem stance, one hand for support	2 x 15 sec	Walking
	Heel and toe raises	3 x 10 reps	2x 15 min
	Chair rise/sit to stand	3 x 5 reps	
	Standing knee raise (operated leg)	3 x 10 reps + ankle weight (1/2 kilo)	Step
	Hip extension (operated leg)	“	2x 15 reps
	Hip abduction (operated leg)	“	
Level 8	Tandem stance, one hand for support	2 x 15 sec	Walking
	Heel and toe raises	3 x 10 reps	2x 20 min
	Chair rise/sit to stand	3 x 5 reps	
	Single-leg stance, one hand for support	2 x 10 sec	Step
	Standing knee raise (operated leg)	3 x 15 reps + ankle weight (1/2 kilo)	2x 15 reps
	Hip extension (operated leg)	“	
Level 9	Hip abduction (operated leg)	“	
	Hip abduction (non-operated leg)	“	
	Tandem stance, one hand for support	2 x 20 sec	Walking
	Heel and toe raises	3 x 10 reps	2x 20 min
	Chair rise/sit to stand	3 x 5 reps	
	Single-leg stance, one hand for support	4 x 10 sec	Step

	Standing knee raise (operated leg)	3 x 15 reps + ankle weight (1 kilo)		
	Hip extension (operated leg)	“		
	Hip abduction (operated leg)	“		
	Hip abduction (non-operated leg)	“		
Level 10	Tandem stance, <u>without</u> hand support	2 x 20 sec	Walking	1x 25 min
	Heel and toe raises	3 x 10 reps		
	Chair rise/sit to stand	3 x 5 reps	Step	3x 15 reps
	Single-leg stance, one hand for support	4 x 15 sec		
	Standing knee raise (operated leg)	3 x 15 reps + ankle weight (1 kilo)		
	Hip extension (operated leg)	“		
	Hip abduction (operated leg)	“		
	Hip abduction (non-operated leg)	“		
Level 11	Tandem stance, without hand support	2 x 25 sec	Walking	1x 25 min
	Heel and toe raises	3 x 10 reps		
	Chair rise/sit to stand	3 x 5 reps	Step	4x 15 reps
	Single-leg stance, <u>without</u> hand support	4 x 15 sec		
	Standing knee raise (operated leg)	4 x 15 reps + ankle weight (1 kilo)		
	Hip extension (operated leg)	“		
	Hip abduction (operated leg)	“		
	Hip abduction (non-operated leg)	“		
Level 12	Tandem stance, <u>without</u> hand support	2 x 25 sec	Walking	1x 30 min
	Heel and toe raises	3 x 10 reps		
	Chair rise/sit to stand	4 x 5 reps	Step	4x 15 reps
	Single-leg stance, <u>without</u> hand support	4 x 20 sec		
	Standing knee raise (operated leg)	4 x 15 reps + ankle weight (1 kilo)		
	Hip extension (operated leg)	“		
	Hip abduction (operated leg)	“		
	Hip abduction (non-operated leg)	“		

Abbreviations: minutes (min); seconds (sec); repetitions (reps).